



## Senior Center of the Chathams

*Be Active. Be Connected.*

Phone: 973-635-4565

58 Meyersville Rd., Chatham, NJ

Website: chathamseniorcenter.org

**February 2023**

*"You don't stop laughing when you grow old. You grow old when you stop laughing." - George Bernard Shaw*

I love my job!

I have been shouting that since my first day.

The days are varied, the people are kind and interesting, and the snacks and coffee are the best! (Thank you TM Ward Coffee Company and Panera of Florham Park!) I truly consider myself to be very lucky to work at the Senior Center.

What I love most is how often I hear the sound of laughter here. The Center is truly a funny place, and there are so many characters with amazing senses of humor.

Sightings of staff, instructors, and members of our community laughing throughout the day are a common occurrence and the essence of our center. As a group, we find humor in many things. We laugh at ourselves and we can find humor in the challenging situations we cannot control.

A good sense of humor can't cure everything but studies show that there are many benefits to laughter including stress release, relieving pain, improving our immune systems, and increasing personal satisfaction.

Laughter is a sort of social bond. Shared humor may communicate to others that we understand each other, which in turn strengthens our relationships.

Winter can be long and dreary and remaining alone and isolated only exacerbates the blues. Come to the Center and be part of the cure. Let's make laughter and companionship the foundation for a vibrant community here at the center.

-- Julie

The Senior Center of the Chathams  
Is Offering a Wellness Program Free  
to Morris County Residents Ages 60 and Over

**Eat Smart | Move More | Weigh Less**  
Online

• Eat Smart, Move More, Weigh Less is a 12-week, online evidence-based weight management program developed by Registered Dietitian Nutritionist (RDs).

• This is a free program, funded provided in part by the Morris County Board of Commissioners.

• Call The Senior Center of the Chathams at 973-635-4565 to register.

During the program participants:

• Connect with others working on losing Pounds.

• Participate in weekly online group sessions.

• Receive a meal plan and grocery list.

• Attend bi-weekly group sessions.

• Complete weekly food diary activity.

• Weekly sessions teach participants:

• How to make healthy food choices.

• How to increase physical activity.

• How to reduce stress.

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# Special Programs

## **\*\*All programs require a sign-up unless otherwise indicated.\*\***



### Osteoarthritis & Lunch

**Wednesday, Feb. 8, 12:00 PM**

Find out what you need to know about hip and knee replacements. Light lunch provided at the end of the program. Sponsored by Sports Care 1 of Chatham.

### Soup-er Bowl, Thursday, Feb. 9, 11:30 AM

Enjoy some tasty soup from Prestige Diner in anticipation of the weekend's big game and watch a football-themed movie. Sponsored by Wayforth Move Management Services.



### Valentine's Day Party

**Tuesday, Feb. 14, 12:30 PM**

Celebrate Valentine's Day with refreshments and live entertainment by Candy Nelson. Sponsored by Delaney at the Green Florham Park

### Battle of the Sexes in Shakespeare's Comedies

**Wednesday, Feb. 15, 1:00 PM**

Learn how Shakespeare's comedies evolved from a misogynistic viewpoint to the opposite view (all women are the solution to all problems) from Harry Keyshian, Professor Emeritus of English, Fairleigh Dickinson University, Madison where he taught courses in Shakespeare and film. The presentation covers *The Taming of the Shrew*, *A Midsummer Night's Dream*, *Two Gentlemen from Verona*, *The Merchant of Venice*, and many others. Professor Keyshian's published books include *The Shape of Revenge* (1996) on Shakespeare and *Screening Politics* (2003) about politicians in American movies. He holds a PhD from New York University.



### Chocolate Fondue

**Thursday, Feb. 16, 11:00 AM**

February equals chocolate, doesn't it? Enjoy some warm chocolate fondue. Sponsored by Care-One.



### Tech Support, Thursday, Feb. 16, 3:15 PM

Chatham High School students will be here to help you with technology issues. Bring your laptop, smart phone, or tablet.



### George Washington & Morristown, Monday, Feb. 20, 1:00 PM

In late November 1779, General George Washington decided that the Continental Army would return to a familiar location for winter camp. He chose Morristown, NJ where they had spent the winter of 1776 to 1777 after their historic victories in Trenton and Princeton. Learn about the history in our own backyard.

Presenter: Joel Farkas.



### Bagel Lunch & Miniature Horse Visit Wednesday, Feb. 22, 12:15 PM

Lunch Sponsored by ArosaCare North Jersey

Maureen Coulter, Director of Hope's Promise, will be here to introduce us to one of the miniature horses in her therapy program and tell us all about how they differ from ponies.



### The Heart Healthy Benefits of Red Wine & Dark Chocolate, Thursday, Feb. 23, 11:00 AM

February is American Heart Month. Learn about cardiac health and its risk factors and the benefits of red wine and dark chocolate. Presented by Jess Bente, Senior Pharmacist, Cooperman Barnabas Medical Center.



### Bracelet/Bead Craft & Pizza Party, Monday, Feb. 27, Noon

Make a beaded bracelet or a bead craft and have some pizza for lunch. Sponsored by Morris View & Patient Care

*Programs continue on the next pages.*

**Men's Basketball**

Monday, Friday, 10:00 AM,  
Games are played in the Municipal Gym.  
The fee is \$20 for Jan-Mar.

**Line Dancing**

Monday, 1:30 PM

Instructor: Linda Hyland. Get some not-too-strenuous exercise and have fun while you're at it. Wear sneakers and loose clothing.

**Gentle Exercise: Balance, Flex & Stretch**

Monday, Tuesday, and Thursday, 12:20 PM.  
\$8 per class.

Instructor: Donna Sue Dowton.

Classes focus on gentle stretching, improving alignment, posture, and reducing pain. The class is designed to move all your joints and stretch the entire body leaving you feeling relaxed and rejuvenated.

**Intermediate Exercise: Balance, Flex & Stretch**

Tuesday, Wednesday, and Friday, 9:00 AM  
\$8 per class

Instructor: Donna Sue Dowton. Wednesday's class is intermediate chair yoga, seated and standing poses. Students must be comfortable with some single-leg poses. Friday's class includes some low-impact cardio.

**Pickleball**

Tuesday, Wednesday, Thursday, 10:00 AM

The fee is \$20 for Jan-Mar. Join others in playing this popular game. Rackets are available to borrow by new players. Must call in advance if you are interested in a lesson so we can ensure an instructor is available.

**Table Tennis**

5 Days a Week, 12:30 PM

Mondays, Wednesdays, and Fridays are for experienced players. Tuesdays and Thursdays are for those new to the game. Call in advance if you'd like lessons. Rackets are available to borrow.

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**Free Blood Pressure Screening**

Thursday, Feb. 16, 11:45 AM

Walk-ins welcome. Sponsored by Bayada.

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The Senior Center is again hosting the free AARP Tax Prep program. AARP volunteers will be here on Mondays beginning Feb. 20. Staff will forward your contact information to the representative who will get in touch with you directly to schedule your appointment. Please note: appointments are required.

# Support & Connection

## Cards & Games

**Grief Support Group**  
Tuesday, 10:00-11:30 AM  
Facilitated by Claire Solu-Burd, LCSW  
This support group provides a safe and welcoming space to explore your experience with loss. Come to receive support and care as we share and learn about the stages of grief.

**Connections Self-Discovery**  
Friday, 10:00 AM  
Facilitated by Claire Solu-Burd, LCSW.  
Participants have fun, learn about themselves and provide mutual support in this group.

**Women's Circle**  
Tuesday, 1:00 PM  
This is a social discussion group where women get to know one another by talking about issues of the day and other topics of interest to them.

**Men's Discussion**  
Friday, 10:30 AM  
Join the friendly, lively conversation about current events, and other issues, and share in the laughs over great coffee and pastries.

**Nifty Knitters**  
Wednesdays, 1:00 PM  
This knitting group has been busy at the Center for a number of years creating thousands of caps, blankets, and other items for donation to local hospitals and organizations. An active and social bunch, they welcome all knitters interested in participating in their cause. Yarn & needles are available at the Center.

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**Bingo**  
Mondays, Feb. 6 & Feb. 13, 11:00 AM  
Cards and chips provided.

**Bridge Lessons**  
Instructor: Rick Hartley  
Fee: \$7 per class. Recommended book: \$15.  
**Beginners**, Wednesday, 10:00 AM. If you are rusty or have had a lesson or two, try this class.  
**Experienced Players**, Thursday, 10:00 AM. Class alternates between lessons and duplicate light.

**Canasta Lessons**  
Monday, 10:00 AM  
Instructor: Judy French

**Rummikub**  
Tuesday, 9:30 AM

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Marci Aprea, center member and president of the board of **The Independent Thrift Shop** tells us the shop is looking for volunteers. If you'd like to help out this nonprofit thrift store, call 973-377-2450. The shop is located at 39 Kings Road, Madison. Hours are Tuesday-Fridays from 10:00 AM-5:00 PM, and Saturdays from 10:00 AM-3:00 PM.

**Watercolor Class,**

Thursday, 10:00 AM

Instructor: Philla Barkhorn

The fee is \$10 per class. No experience is necessary. Materials are provided for those who need them; feel free to work on your own projects during the class.

## Subjects:

2/2 - Reflections on Glass or Metal

2/9 - Valentine's Day Cards

2/16 - Western Landscape

2/23 - Happy Birthday Card with Balloons

**Writing Workshop,**

Friday, 11:00 AM

Instructor: Jenny Tananbaum

Have you ever wanted to write the story you have to tell but don't know how to get started? Try this fun, introductory class open to all types of writers. Through class discussion and writing exercises, setting, character, plot development, theme, dialogue, and more are explored. No previous experience is needed.

**Play Reading**

Tuesday, Feb. 21, 12:45 PM

Facilitator: Judy French

Read a part in a play and show off your acting talents with the group. Scripts will be handed out and roles assigned on the day of the program

**Book Groups****Fiction** - Tuesday, Feb. 28, 12:45 PM

The book will discuss "The Maid" by Nita Prose.

**Nonfiction** - Tuesday, Feb. 21, 1:00 PM

Call Center for title. Copies will be available to borrow at the Center.

**Films & Documentaries**

Sponsored by Brookdale Senior Living &amp; Serenity Hospice Care

Call Center for titles.

**Documentaries**, Tuesday, 10:30 AM**Weekly Movie**, Thursday, 12:30 PM**Golden Class Movie** - Friday, Feb. 17, 12:30 PM

**The Senior Center of the Chathams** is a 501 (c) (3) non-profit organization. You can make a donation on our website anytime at <https://chathamseniorcenter.org/donate/>. No donation is too small!



When shopping on Amazon, add the Senior Center of the Chathams to your account and earn money for us when you purchase for yourself. Please let us know if you need help with this.

## Recent Events

## Member Spotlight



### Meet Judy French!

Judy has been a familiar face around the Center, both as a participant and class leader, since 2016. That was when newly retired, she was looking for things to do and saw an ad in a local paper for a Watercolor Painting class. She had dabbled in painting and decided to try it. She was immediately hooked, calling it "the best two hours of the week."

That same fall, Judy also realized she needed to scale back from the Zumba class she was taking outside the center, due to an upcoming surgery, and discovered the center's exercise class, led by Donna Sue Dowton. The class consists of stretching, weights, and some cardiac exercises and is, according to Judy, "incredible." Perhaps most importantly, when COVID hit and the center's in-person programming was put on hold, Donna Sue pivoted to online classes and Judy and the other participants were able not only to continue their exercise regimen but also to "remain involved and stay connected." As Judy remembered, "Seeing other people was crucial at that time." She was grateful the center offered this option.

When the center finally opened post-lockdown, Judy returned as a participant in painting and exercise classes - but she also quickly turned her love of canasta and theater into classes for others. She is now leading both the weekly Canasta game and a monthly Play Reading group, where participants read a complete play chosen by Judy with each person assigned a specific role.

Such a full schedule is nothing new for Judy. A lifelong resident of New Jersey, Judy has worked in a variety of jobs including running a daycare center for hospitalized patients at the Hudson County Mental Health Association, a clerical position at Control Data, sales at Hammond Maps, and 18 years in sales at Merrill Lynch. Over the years, she married, raised two children, divorced, and started her own business. When she retired from Merrill Lynch in 2016, she immediately became the family nanny, happily helping with her grandchildren.

"I love having a full life," Judy stated. "I grew up the youngest of six children, and I was a shy child. But now, I love meeting people. And it's one of the reasons I love the Chatham Senior Center. Each time I go, I get to establish new relationships and make new connections. It is simply great!"

**Fun Fact:** Judy appeared in a New York Times ad in the 1960s promoting newspaper subscriptions for college students. (This Member Spotlight was written by Jenny Tananbaum.)



# FEBRUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1  9:00 Chair Yoga/INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis 1:00 Nifty Knitters	2  10:00 Pickleball 10:00 Exp. Bridge 10:00 Watercolor Class 12:20 Balance , Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	3  9:00 Low Impact Cardio – INT 10:00 Men's Bskball 10:00 Self Discovery Grp 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis
6  10:00 Men's Bskball 10:00 Canasta Lessons <b>11:00 Bingo</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis 1:30 Line Dancing	7  9:00 Balance, Flex & Stretch-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	8  9:00 Chair Yoga/INT 10:00 Beg. Bridge 10:00 Pickleball <b>12:00 Osteoarthritis Program &amp; Lunch</b> 12:30 Table Tennis 1:00 Nifty Knitters	9  10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class <b>11:30 Souper Bowl</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	10  9:00 Low Impact Cardio - INT 10:00 Men's Bskball 10:00 Self Discovery Grp 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis
13  10:00 Men's Bskball 10:00 Canasta Lessons <b>11:00 Bingo</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis 1:30 Line Dancing	14  9:00 Balance, Flex & Stretch-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW <b>12:30 Valentine's Day Party</b> 1:00 Women's Circle	15  9:00 Chair Yoga/INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis 1:00 Nifty Knitters <b>1:00 Battle of the Sexes in Shakespeare Comedies</b>	16  10:00 Pickleball 10:00 Exp. Bridge 10:00 Watercolor Class <b>11:00 Chocolate Fondue</b> <b>11:45 BP Screening</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie <b>3:15 Tech Support</b>	17  9:00 Low Impact Cardio— INT 10:00 Men's Bskball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis <b>12:30 Golden Classic Movie</b>
20  9:00 AARP Taxes 10:00 Men's Bskball 10:00 Canasta Lessons <b>11:00 Bingo</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis <b>1:00 George Washington Presentation</b> 1:30 Line Dancing	21  9:00 Balance, Flex & Stretch-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW <b>12:45 Play Reading</b> 1:00 Women's Circle <b>1:00 NF Book Group</b>	22  9:00 Chair Yoga/INT 10:00 Beg. Bridge 10:00 Pickleball <b>12:15 Bagel Lunch &amp; Miniature Horse Visit</b> 12:30 Table Tennis 1:00 Nifty Knitters	23  10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class <b>11:00 Heart Healthy Benefits of Red Wine/Dark Chocolate</b> 12:00 Feb. Birthdays 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW	24  9:00 Low Impact Cardio— INT 10:00 Men's Bskball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis
27  9:00 AARP Taxes 10:00 Men's Bskball 10:00 Canasta Lessons <b>11:00 Bingo</b> <b>12:00 Bead Craft &amp; Pizza Party</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis 1:30 Line Dancing	28  9:00 Balance, Flex & Stretch-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW <b>12:45 F Book Group</b> 1:00 Women's Circle			

**Key:**

**Red Bold** = One-time event  
**Blue Bold** = Once-a-month event that recurs

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[www.rightathome.net/morris-union](http://www.rightathome.net/morris-union)



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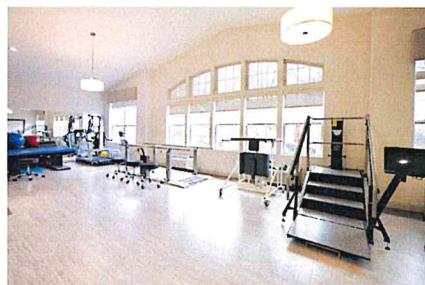
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